

MASTER HEALTHY EATING HABITS

**CONTROL
APPETITE**

**IMPROVE
HEALTH**

**LOSE BELLY
FAT**

R. HUTCHINS

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Introduction

Life is a lottery. If people keep themselves slim and healthy, there is no guarantee they will live a long life free from health problems. However, it's widely accepted that choosing to eat healthily and holding a healthy weight puts the odds in your favour.



Nevertheless, we have unlimited access to online and written advice on how to be healthy and lose weight. Why then, is it difficult to change the way we eat and get fit?

This book is a journey to understanding the 'true picture' of:

- **HOW** to change eating habits to lose fat and keep it off
- **WHICH** it is easy to be in control of your appetite
- **WHAT** to eat to feel more energetic and capable of doing what you want

People can choose from numerous books and online sites offering healthy living and exercise advice. There are some inspiring people. Many are popular with millions of views or thousands of books sold. Typically, lifestyle influencers give inspiration on diet, provide recipes and teach people how to exercise. Although each lifestyle or fitness influencer has a different approach, the advice centres on the same basic principles, eat less calories to lose weight, be more active to lose body fat and build muscle. Most of them influence present themselves as fine examples of health, good looking, well-groomed, athletic body shapes.

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The human brain seeks to minimise effort so behaviours that you repeat everyday become automatic. If you do something without much thought, it is a lot easier for the brain and body to cope because it involves less effort.

To be able to change unhealthy habits it helps if you understand how habits form (8, 9).

Bad habits happen like this

- **Trigger** – a signal that prompts you to an action such as eating or drinking. Feeling thirsty or tired or hungry or in a low mood are all triggers. Just the sight of food or drinks can be enough to tell a person when to eat. Another trigger would be someone offering to share food which is accepted even if a person does not feel hungry.

Triggers that happen outside of your body (external)

- Sight or smell of food
- Watching others eat
- Advertising posters or watching cooking programmes
- Planned or unplanned demands from our work or private life which make us feel stressed.

External triggers are more likely to make us eat when we have no physical triggers (internal) that convince us to eat.

Physical sensations from within the human body show us we are hungry (internal triggers).

- Empty stomachs that growl and gurgle
- Headache
- Lightheaded feeling
- Drizzy and low tolerance

- Lack of energy
- Shakiness and general feeling of weakness

1. **Boredom** – a habit that doesn't vary (they eat every day). It may be that work, or home environments have food and drinks nearby. People are tired and eat it or want to eat the same as others to 'fit in'. Eating whatever food is available or most served, especially if they were not involved in planning or preparation.
2. **Parasocial** – Eating, food or drinking alcohol gives people something, makes us feel good or relaxed or relieved. He/she deal with 'faking food, eat, unhappy or tired.
3. *Whenever there is a trigger and the urge to get the reward, we will repeat the same habits.*

Example 1



On the way home from work, a person starts thinking about drinking a glass of wine or having a beer when they get home. This is many alcohol to 'reward' in the evening.



If a person has been busy all day and not had time to eat much food, they will eat an evening meal, then keep something, because they are hungry, and have not eaten enough earlier in the day.



5 Healthy habits recommended by the UK NHS 2018 '2)

1. Not smoking
2. Eat a healthy diet
3. Regular exercise – 30 to 40 minutes a day of moderate to vigorous activity (unless you feel hot, sweat, increased heart rate).

- 4 Keeping a healthy body weight (BMI 18.5–24.9)
- 5 Moderate alcohol consumption

Recommended no more than 4 drinks in a week or 2 units every day

1 unit = 10 pure alcohol/330mls beer and 40% ABV) OR 12 pure wine or single shot spirits 25ml.



How did I change?

Take it a hour.

What are my triggers?

Tick the box that is the nearest reflection of your current lifestyle

When do you eat?

Meals and snacks	Tick box
<input type="checkbox"/> I eat 'breakfast'	<input type="checkbox"/> Most days <input type="checkbox"/> Sometimes <input type="checkbox"/> Never <input type="checkbox"/> Every day
<input type="checkbox"/> I eat a 'lighter' or 'snack meal'	<input type="checkbox"/> Sometimes <input type="checkbox"/> Never
<input type="checkbox"/> I eat 1 or 2 meals a day (small cooked meat or vegetarian)	<input type="checkbox"/> In the morning <input type="checkbox"/> In the afternoon <input type="checkbox"/> snack in the evening
<input type="checkbox"/> I snack between my meals*	<input type="checkbox"/> Every day <input type="checkbox"/> Sometimes <input type="checkbox"/> Never
<input type="checkbox"/> I eat an evening meal* (dinner or supper)	<input type="checkbox"/> Every day <input type="checkbox"/> Sometimes <input type="checkbox"/> Never
<input type="checkbox"/> I eat to control most of the day)	

**A meal is an occasion when people sit down and eat, usually at a regular time.*

How much do you eat?

Snacks	Frequency
If I want to snack, I would choose to eat not food much, or have a drink that contains no fat or	Most days Sometimes Never
fresh juice, not white or low-fat fat chocolate or sugary fatty drink, especially	
If I eat too much, I would end up eating several	Most days Several times Never

Meals	Frequency
Edo is of prepare meals: I eat what is convenient	Most days Sometimes Never
Majority of the meals I eat are ready-made or take-away	Most days Sometimes Never
My main meal is the day the a meal plan	Most days Sometimes Never
My main meal is the day the a meal plan and I have a second helping	Most days Sometimes Never
My main meal is the day the a meal plan and I have a dessert or snack after the meal	Most days Sometimes Never

**A meal that usually takes more time to prepare and involves combining
different foods that are cooked, added or served together, one to three courses.
A light or small meal is smaller, handmade or quick to prepare. Some people*

serve the whole meal as midday, with supper at the late afternoon/early evening meal. While others may call their midday meal lunch and their early evening meal supper or dinner.

When do you drink alcohol?

Alcohol	Tick box
When do you drink alcohol?	Every day
	Most evenings
	Once or twice a week
	Never

When are you active?

	Tick box
How often do you walk or jog for exercise?	Every day
	Most days
	Once or twice a week
	Rarely
How often do you play a sport?	Every day
	Most days
	Once or twice a week
	Rarely

These questions help show the reality of your current eating and activity habits.

As you continue reading this book, your answers to these questions will be useful in planning what you want to change.

The brain is "programmed" by human history
to do whatever it takes to survive

Humans have survived over thousands of years because people
'see-food, eat food'

Food makes us feel good and gives us energy to think clearly and move around

This is...

TRIGGER → BEHAVIOUR → REWARD

see food → eat food → feel good
eat good
eat good

We repeat this; it becomes impossible to resist this
habit once it becomes a trigger (H)

It becomes a habit when you are no longer aware of the trigger and do the
instinctive behaviour without thinking (H)

Changing habits takes planning

The process is...

THOUGHT

• Identifying purpose or target
• Identifying who is to own (with the associated benefits)
• *etc.*

REPORT

• The process has been active
• It is happening in a dynamic, visible, highly
monitoring, and positive and rewarding state active

REFLECTION

• Human factors are associated with the process of
teaching
• The students think about a range of aspects (learning
in general)
• The teacher will want to continue to improve



Consider the positive traits in your personality that will help you change established habits.

Example:



If you start to write lists, keep appointments or schedule your day, you learn skills to start planning what you will eat and when each day. This brings order into eating and a sense of control over your own body.



Exercise is a good replacement for alcohol or overeating. Because it releases endorphins. Endorphins are natural chemicals released by your brain that make you feel good. Then lift your morality making you feel more positive and confident. Thus, being more aware burns more calories and changes the composition of your body to more muscle and less body fat.

Summary Habits

- ✦ When people see food, they may not feel hungry but end up eating because they like the taste or want to 'fit in' with other people.
- ✦ Think about eating habits that happen every day. The times that you eat, times that you are active, times that you drink alcohol. All humans have patterns of behavior that are repeated.
- ✦ Change is possible when people understand the reality of their bodies and start doing what is the different.

Chapter 4

Meaning and Purpose

Purpose – “The reason for which something is done. A person’s sense of determination” (1).

People try to lose weight by restricting what they eat and exercising, only to give up the exercise and return to old eating habits. These changes would have been **competing against years of established eating and activity habits**.

If people want to change their eating habits it helps if the new healthy behaviors are supporting something they care about. This gives **meaning and purpose** to changing the way a person eats rather than being on a “diet”.

What do you care about?

- Have you gained body fat and feel certain that you want to lose it?
- Do you remember what you looked like when you were a junior?
- Are some of your clothes too small? When to wear them again?
- Have you been diagnosed with a health problem that would improve if you lost weight?
- Do you know someone who has health problems or someone who died? Has this motivated you to take better care of yourself?
- Do you care about the environment and climate change and want to change the food you buy and the way you travel to help prevent global warming?
- Do you care for animals and are against cruelty or would value being a vegetarian or vegan?
- Do you want to live a long life and have quality of life?

Quality of life means a sense of physical, mental and social well-being.
 No disease or physical or mental problem that limits the way you want to live.

- Does religion or faith give spiritual guidance to care for yourself as much as you would care for others?



Benefits of being a healthy weight (2)

Health Benefit 	Personal Benefit 
Reduces High Blood Pressure	More energy
Improves Cholesterol levels	Do not swallow clothes, no more stretch
Reduces risk of type 2 diabetes	Increased when less ill, able to be active with your family and exercise regularly
Improves control of blood glucose levels if you have type 2 diabetes	Pain free
Lessens risk of heart from excess cholesterol in blood stream	Sleep improves
Improves lung function in asthma	Less food eaten, weight loss
	More likely to lose weight

Studies consistently show that **breedling** is linked
to **lower** amount of stress and **fat** pounds

More **confidence**
physique (14)



Psychological benefits of **losing** a **bodyweight** (3)

Increased **self-esteem**

Reduction in **depressive** **symptoms**

Improved **body image**

Improved **quality of life**

More **likely** to **socialize**

Lower **levels** of **anxiety**

Physically **capable** of **feeling** **more** **confident** in **one**
gave **the** **psychological** **benefits** of **exercise**
Relates **more** to **good** **hormones** **made** **often**



Minimum diet of Healthy Habits (2)

- 1 Eat lots of fruit and vegetables: 5 to 8 portions a day
- 2 Don't smoke or give up for at least 5 years
- 3 Regular exercise: 5 to 7 hours a week
- 4 Drink w moderation: no > once a day limit to 4 cups in a week
- 5 If you are overweight BMI 25-29.9 If you do all of 1 to 4 healthy habits, you will be at lower risk of early death. The same as people who are a healthy weight BMI 18.5 to 24.9.



What is a healthy weight?

Weight or stature size does not take into account a person's height. So, weight is usually converted to body mass index or BMI: weight (kg) ÷ height (m)²

Standard World Health Organization classification for BMI (3)

BMI

Healthy weight	18.5-24.99
Overweight	25-29.99
Obese	30-39.99
Extremely Obese	40 and over

A better way of judging how much body fat you have is from your waist measurement

Knowing your BMI is helpful, but waist measurements of more than 40 inches for men and 35 inches for 35 are for women put people at risk of serious health problems. Research has linked too much belly fat with a greater risk of developing heart disease, high blood pressure, stroke, cancer and type 2 diabetes (4)



To measure your waist, find the bottom of your ribs and the top of your hips. On the middle of these two points wrap a tape measure around. Breathe out naturally. Relax. Then take the measurement.

UK recommendations

It doesn't matter what clothing size people fit into or how tall they are, it is beneficial to health to lose belly fat to improve



Less than 37 inches or 94 cm for men

Less than 35.5 inches or 90 cm for women

validity for people of Black African, Asian or Eastern, White European and African origin



Less than 35.5 inches or 90 cm for men

Less than 35.5 inches or 90 cm for women

European-based healthy waist recommendations for people from African Caribbean, South Asian, Chinese and Japanese origin

African Caribbean, South Asian, Chinese and Japanese people need to carry more fat and are at risk of diabetes, heart and coronary disease, stroke in comparison of a lower weight loss for Black African, White European, Middle Eastern and mixed origin people.



Top 5 source of information about UK (23)

validity Black race
body measure

Link

Study

European Journal of Internal Medicine



Lung Disease Influenza
asthma allergy cancer
high blood pressure

- *over 30 years dependence on tobacco and/or obesity life saver*

Diet-related and lifestyle-related
disease

*"Premature is dying before the average age of death in a population"
for 2019, England life expectancy at years males 79.2, females 82.6*

**Health brings a freedom very few realize,
until they no longer have it**



You have one life-time body

Summary = Meaning and purpose

- ❖ Choosing a lifestyle that strongly supports eating healthy foods and being more active gives a clear reason and purpose to stick to new habits.
- ❖ Other people are more likely to support you with healthy behavior changes because they can identify with the purpose and meaning of your lifestyle.
- ❖ If your purpose is to be healthy because of a physical or mental problem, recent bereavement or as part of caring for animals or the environment, you will be more determined to avoid unhealthy food choices

Chapter 5 Exercise

Activity that requires physical effort, turned out to sustain or improve health and fitness.

How exercising helps your body 14

Clearer thinking



Clearer complexion
to all younger

Lower heart rate



Lower blood pressure



Stronger bones



Reduces "bad" cholesterol



Reduces



Muscle strengthening
and definition



Builds or maintains
muscle, bone, heart, etc.



Improves circulation



Monitor screen time



Screen



Think about your lifestyle

On a typical weekday and a day at the weekend

- ◀ How much time would you spend on your bed during screenoff?
- ◀ How much time do you spend sitting?
- ◀ How much time do you spend sleeping?

Add it up in rough hours

There are 24 hours in a day. Start planning how one of those hours would be dedicated to exercise.

If you are thinking, "cannot fit exercise in, I am too busy in the day and too tired by the evening," look at the reality of how you spend your time. It's unlikely you can add in an hour of exercise because you do not believe you have free time. Think about whether you could swap or drop something else in exercise? Could you combine socialising with exercise, going for a walk or bicycle ride or attend an exercise class with your partner, friend or family?

Suggestions



Consider swapping 1 hour of screen time. TV, Netflix, phones, PlayStation, laptops, computers for exercise.

If you work long hours, (8–14 hours a day), could you build and rely upon your day by walking in or from work? Could you get up earlier and do an exercise routine before work or the school run?

What about jetting a gym, could you do a class before you go to work? If your job is mentally demanding, exercising early morning before work is reported to lower 'stress' hormones (adrenaline and cortisol) during your workday. This helps to prevent some of the aging and weight gain effects of a

Surrounding work life: Workers who go to the gym are said to be "turning off the automation"

What do exercises?

Yoga, Pilates or body balance would suit people who have physically demanding jobs, where people are on their feet most of the day, having to move around a lot or say jobs that involve lifting.

A Yoga session is a fairly gentle exercise. It also calms the part of your brain that makes humans feel anxiety so would suit people who feel constantly and physically stressed at the end of a workday such as nurses, nurses, doctors or mental health workers

Yoga involves deep breathing with muscular movement. It would be beneficial for people who have difficulty breathing (asthma, COPD, smokers).

If your job leaves you sitting down most of the day, try regular activity that gets you moving and raises your heart rate to still improve your health.

Do you find it difficult to self-motivate? Look at exercise classes in your area. Start going with a friend or partner to build your confidence and to establish exercise as a routine part of your lifestyle

What if you have exercise?



What do you feel?

- ❖ Getting out of breath or feeling tired quickly?
- ❖ Does your head ache / feel too full?
- ❖ Do you always get hot and sweating?
- ❖ Feel uncomfortable or "grumpy"?
- ❖ Do you like exercising accompanied by other fit people?

*these are problems of being overweight and unfit. All of these problems will be with all of you so come to being more active and lose excess body fat

The human body is brilliant at adjusting to exercise. A person's fitness level will improve within a month if they exercise at least 3 to 4 times a week.

If you don't want to join a gym or do any sports, then be more active whenever you can and do not let yourself think that you cannot stick to becoming fit any more. Any increase in activity is better than being inactive. Maybe start by walking every day or exercising at home.

The trouble with losing fat is when people decide "I want to lose weight" they want fast results. This is more likely to drive people to severe food restriction with bouts of exercise that only last for a few weeks.

In the UK, there are almost 10 million gym members. But, one out of every seven people has a gym membership.

Anyone who has been a member of a gym for a while knows it is very busy. Since New Year is almost March then attendance starts to decline, by June half the people who exercised in January no longer attend. There are reasons for this (see history and why).

How exercise when you are over 50 is likely to do it

What happens in the human body with regular exercise - 15/3



- VO₂ max is the speed your body transports oxygen. Increasing your VO₂ max means you can exercise more intensely for longer
- We 'burn off' the stress hormones cortisol and adrenaline with exercise. This reduces feelings of anxiety and depression during the day particularly if you can exercise first thing in the morning.

THE 2018 Medical Director 2018 (17)



Guidelines for adult exercise each week are:

Recommends 2-4 hours of moderate intensity exercise (breathing now hard but not breathless, feel warmer, can still hold a conversation, such as brisk walking)

PLUS 1-2 hours of high intensity exercise (high heart rate, feel hot, sweating, breathing more rapid, difficult to hold conversation)

ALL WILL: At least 2 days of resistance (strength) and condition exercises (weight training, calisthenics, yoga, Pilates)

D5 Department of Health (16)

Distributes at 2-4 hours of moderate intensity exercise

PLUS 1-2 hours of vigorous activity

ALL WILL: At least 2 days of strengthening activity, resistance exercise on two days a week

As you can see, it is the same recommendation in the UK as it is in America.

•

This is 4 hours of activity in a week. Depending on how you fit this 4 hours of exercise into your life, plus at least one muscle rest day.

Exercise on its own does not result in much weight loss

Exercise changes the composition of the human body. This means we gain muscle and lose fat, which is much better for your health. The weighing scales may not show much of a loss here, but your clothes will be looser as muscle is denser than fat. A tighter fatter body shape. Plus, muscles are 'explosive burning' cells so as you gain muscle you will use up more calories more efficiently through the whole day

His mass have evolved a large brain size is adaptable and can maintain complex movements

There is a powerful connection between the health of your body and movement. It has been reported that regular exercise prevents you from becoming Bored(20)

Exercise increases depressive change





Depression is a 'not good' disease. Higher levels have been associated with decreased motivation and focus. When depressive and serotonin levels are low, we feel depressed.


It is widely recognized that exercise feel less depressed(21).

Have a look at the exercises listed, see which one fits you. If you stick to just one or two types of exercise, the ability to change your body shape will be limited. Human bodies quickly adapt to any physical demands put on them. So we need to 'mix up' exercises to challenge different muscles. This works better to develop an athletic 'body' shape.







If people train a lot in one particular exercise, their body adapts, and the muscles are shaped to be efficient. do those non-exercises well!

Examples

-  Marathon runners keep slim and light because it's easier to run fast for a long distance if you don't weigh much.
-  Rugby players, wrestlers and weightlifters are large, muscular and powerful because they have to grapple with other large, muscular people or lift heavy weights to compete in their sport.
-  Swimmers have a strong, all-round muscular shape because they have to support their body weight against the resistance of water.
-  Cyclists have large, powerful, leg muscles with weak upper bodies, because all the energy to drive the bike is generated by legs.

-  Yoga or Pilates is a mainly muscular exercise that works the whole body. Because it involves a lot of stretching, muscles are strong and flexible as well as toned without building bulk.

Consider doing a mixture of these exercises

Exercise	Benefits to body	How it works
Walking 	<ul style="list-style-type: none"> • Heart and lungs (cardiorespiratory) • Cardiovascular • Works leg muscles 	It is active during walking
Angling or running 	<ul style="list-style-type: none"> • Heart and lungs (cardiorespiratory) • Cardiovascular • Works chest muscles 	Fast whilst running or jogging
Cycling 	<ul style="list-style-type: none"> • Heart and lungs (cardiorespiratory) • Endurance • Works leg muscles 	Fast whilst cycling
Weight training 	<ul style="list-style-type: none"> • Muscle building • Strength 	Builds customer from scratch - there is no cardiovascular element
Endurance training also known as high intensity circuit 	<ul style="list-style-type: none"> • Heart and lungs • Muscle strength and endurance 	Builds cardiovascular endurance as well as muscle strength
Yogabiking 	<ul style="list-style-type: none"> • Heart and lungs • Muscle strength and endurance 	

Yoga Pilates

Both Related to	• Muscle strength and flexibility
Yoga Pilates	• Metabolic conditioning

Cardiovascular exercise is aerobic

Aerobic means burns up calories and oxygen quickly. So, cycling or running would make our heart rate increase and breathing more rapid to get more oxygen into the blood stream.

Muscular or anaerobic exercise

Involves short bursts of intense muscle movements, lifting your own body weight as in yoga or lifting heavy weights in weightlifting. Anaerobic exercise burns less calories during the activity when compared to aerobic activity (running, cycling). After anaerobic work w_1 , the body burns more calories when you are resting.



Drake University (2016) completed a study where they asked 100 people who were overweight to do either cardiovascular exercise or weight training or a mix of both.

This is what they found.

The people who did aerobic training lost weight. The weight change was measured and found to be a mix of fat, water and muscle tissue.

People who only did weight training with no aerobic exercise gained weight. This was measured and reported as a gain of 2 lb of muscle.

The people who did both weight training and cardiovascular exercise showed the best improvements. They lost weight, increased muscle mass and lost belly fat (reduced waist circumference).

The Drake University study recommended doing weight training first and then cardiovascular exercise. The weight training drops you more of pounds as your body switches to use more fat for energy during cardiovascular exercise.

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and they may be resistant or uncomfortable of dietary change. Some individuals would put up barriers or sabotage themselves with the dietitian. For example, your people would give you up because of what they typically ate as a "good" day or diet they would discuss changes as their eating that would help, which would be blocked by comments "I tried that it didn't work" or "I didn't lose weight". Others would not see how what they ate could change because someone else did the food shopping and prepared meals. Some denied ever smoking, which is unlikely especially if you consider the liquid calories that go in hot drinks with milk, fruit juice drinks or biscuits with a tea or coffee.

The point of this is not to cross about people trying to lose weight. It's to emphasize that on dietary advice or any help if you do not feel ready or will not to change the way you eat.



Knowing when you should eat and when you should not eat does not necessarily make you do it.

People crave the pleasure left from eating sweet and fatty foods. The drive to eat is your brain chasing that feeling. This powerful dopamine left only lasts with the first few mouthfuls of food or the first 1 to 2 sips of alcohol. After that, it's down to you to either feel guilty about the amount of food you just ate or getting drunk.



Your past eating and activity habits have made you overweight, and your current habits prevent weight loss.

Individuals can only lose body fat if they are willing to change their eating, drinking and activity behavior. Otherwise, overweight or obese people will stay the same weight and are more likely to gradually get fatter as they age.



The most important step to a healthier lifestyle is to be more healthy. You take full responsibility for everything you choose to eat and drink.

Find out what stages of change (2, 3, 4)

Can you relate to any of the behaviours in these stages?

You may not be as far apart from ideally for eating healthily and frequently over 4 or 5.

Pre- contemplation No one sees	Contemplation as 'trial script'	Demonstration Preparation 'Okay, so what do I do now?'	Action 'Okay, let's do this'	Maintenance 'It is possible'
Eat what you want when you want	Recognises aware of the negative effects of being	Wants to lose weight but And doesn't get on it	Two meal plan as food diary to set up daily food	Able to choose foods because they are healthy
Eat when feeling emotional or is 'triggered'	Recognises is triggered as the personal benefit of	Wants to lose weight but And doesn't get on it	Two meal plan as food diary to set up daily food	Able to choose foods because they are healthy
Enjoy pleasure from food and don't have what eating	Recognises is triggered as the personal benefit of	Wants to lose weight but And doesn't get on it	Two meal plan as food diary to set up daily food	Able to choose foods because they are healthy
Keeps eating to feel good 'It's' keeps at 'Satisfied'	Recognises is triggered as the personal benefit of	Wants to lose weight but And doesn't get on it	Two meal plan as food diary to set up daily food	Able to choose foods because they are healthy
Eat snacks and whenever available at food when alone or in a crowd	Recognises is triggered as the personal benefit of	Wants to lose weight but And doesn't get on it	Two meal plan as food diary to set up daily food	Able to choose foods because they are healthy
Thoughts are preoccupied by food, food	Recognises is triggered as the personal benefit of	Wants to lose weight but And doesn't get on it	Two meal plan as food diary to set up daily food	Able to choose foods because they are healthy

strong negative
feel

Recurrent
negative mind
available to act

Keeps	Asks in
distorted	distorted need
realities	and what
Stays	making that
reorganizing	works their
and sitting	energy needs
with, and	Requests
not acting	support when
on the	needed
different	
ways	
Practices	
meeting	
the urge to	
act	

Relapse 'Here we go again'

- Can occur at any of the stages
- People may find themselves moving backwards and forwards through the different stages
- Check off change may need to be repeated several times as the journey to healthier eating habits
- Understanding your triggers is overcoming and how you can change these behaviours means you will move yourself out of pre-contemplation and contemplation quicker
- Recognise the stage you are at, plan how to move forward and ask for support

***Trigger Package** Happiness, stress, frustration, low energy, 'bad' day, tired, hungry, low mood, depression, eating as part of entertainment and socialising (watching TV, films, takeaways, restaurants).

Summary Support

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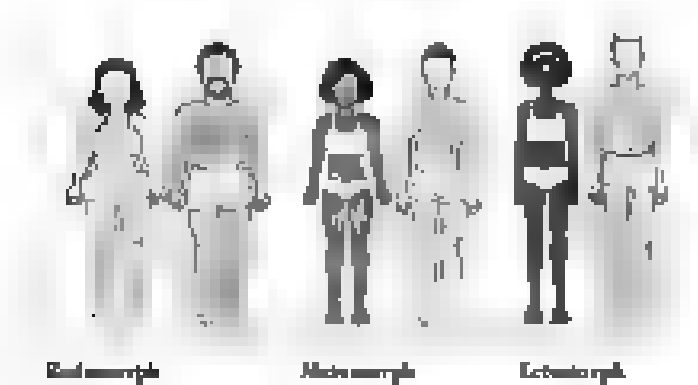
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Chapter 7

Body Shape

Which gender body shape is most like you? (24)



Endomorph

Build is stocky with thick legs and arms and a rounder body. Thick rib cage with hips as wide as the shoulders. Naturally smooth and strong. Can gain muscle easily but can also gain fat. If Endomorphs become overweight, fat will build up under the skin over most of their body not just around the abdomen (belly fat).

Mesomorph

Body shape is rectangular with wide shoulders and a narrow waist.

Naturally have a muscular build and are able to do any exercise or sports. They can lose or gain weight depending on how much they eat and how active they

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Chapter 9

Why Does Fatigue Matter?

Fatigue is the feeling of being physically and mentally tired.
Everyone gets tired its normal.
Fatigue is different from feeling drowsy or apathetic.

Fatigue is

- Reduced or no energy
- Physical or mental exhaustion
- Lack of motivation
- Made worse by one or more of...

Strenuous exercise or a physically demanding job



Emotional issues such as anxiety, depression, waiting for others, a mentally demanding job



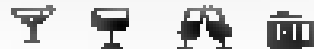
Stressors



Lack of sleep



Drinking too much alcohol makes you feel tired and hungry.
 Once effects of alcohol has worn off, you experience effects as usual.



Eating lots of carbohydrates, high calorie snacks and unnecessary food regularly
 makes you

fat. Your body has to deal with digesting food and making energy when it should be
 resting.



Eating less than your body needs to function will affect or disordered
 eating) and doing regular intense exercise



If your current lifestyle involves several of the behaviors listed above, you
 probably suffer with fatigue, the most strongly in the evenings, especially at the
 end of the week.

Fatigue is a problem if you want to lose weight because it's difficult to feel
 motivated to change eating and activity behaviors if you feel physically and
 mentally drained. Plus, fatigue makes likely to keep someone trapped in a cycle
 of fatigue, behavior, reward.

So,

When someone restricts what they eat, there is rapid weight loss for a few
 weeks. Then the rate of weight loss slows as the body gradually lowers its
 metabolic rate to conserve loss of energy. Your body does this because it is
 responding to a state of prolonged starvation or "starvation" it adapts to the loss

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Chapter 10

How to Control Your Desire for Food (Appetite)

Hunger is the physical need for energy (food)



After we wake up, our body needs extra energy for an hour or two and our brain uses more energy to be alert and have clear thoughts. A combination of the brain and hormones (chemical messengers) stimulates the desire to eat every 4 to 6 hours when no food is available. This is the hunger cycle.



Ghrelin

The main hunger-stimulating hormone. It is secreted from the stomach and circulates in your brain where it triggers the drive to eat. When the stomach is empty and blood sugar is low – and when people haven't eaten in several hours, the stomach produces more ghrelin, this makes us feel hungry.

Leptin

After eating, a hormone called Leptin which is made by fat cells, works to reduce appetite, the urge to want to eat.



If the body is sleep-deprived (doesn't get enough quality), the levels of ghrelin goes up, and fat cells produce less leptin. This makes you feel hungry and drives you to eat (27)

These body processes are complicated involving a lot of glands and hormones. It is helpful to have some knowledge of what happens in your body, but you didn't buy this book to study physiology so I will just write about the important hormones.

The most important hormone that makes your body store energy is insulin.

Insulin is a hormone.

Made by the pancreas. Special cells called the islets of Langerhans produce insulin. After you eat, any food that contains carbohydrates, once digested, it enters the bloodstream as glucose.

Blood is the transport system for your body moving around the oxygen and nutrition your body needs to live.

☞ 300

Insulin's job is like a key

It opens up your body cells to let glucose in which is used for energy. Glucose is very important to your body as the main fuel for muscles (are you on?) and your brain 'during'.

There is always a little bit of insulin floating around in our bloodstream 24 hours a day. This keeps your blood glucose level going so high and keeps it on a level the body functions best (3.5-6 mmol/L). Plus, your body can take in glucose for energy whenever it needs it.

This key is important

When people digest carbohydrates for fuel, there is a surge in the blood glucose level. The pancreas releases insulin insulin quickly moves the glucose from blood into body cells.

When there are higher levels of insulin in the blood the body switches to 'energy storage mode' and stops releasing stored glucose into it.

'Energy storage'

After we eat, the body keeps some of the energy (calories) for later by topping up glucose and fat stores. This stored glucose and fat should then be released in-between meals and overnight when you are not eating. This ensures the body has access to energy for body function day and night.

Insulin moves glucose from the blood into body cells.

It does this without any problems if you are a healthy weight and keep active. On the other hand, if your lifestyle means that you sit around most of the day and have become overweight, insulin doesn't work as well. This is insulin

resistance. As you gain more abdominal fat, the body resists insulin and it's harder for insulin to open up body cells to let glucose enter. It's like the key no longer fits the lock.

When insulin cannot do its job properly, the blood glucose remains higher for longer after you eat. Your pancreas will keep responding to higher blood glucose levels by releasing more and more insulin until blood glucose goes down to normal.

Your body functions best if it can keep the blood glucose level between 3-4 mmol/L. If a person has insulin resistance, it's harder for the body to clear glucose from the blood. Over time, people with increasing insulin resistance can develop glucose intolerance and then type 2 diabetes.

The problem with high levels of insulin in the blood for longer after eating is it keeps the body in a state of "energy storage".

High levels of insulin signal the body to stop releasing glucose and fat and to store the energy from any food eaten.

The consequence of this is that one or two hours after eating a person feels tired and hungry again so eat food they do not need. This is because their body has not switched back to energy release and is stuck in storage mode. This creates a vicious cycle of hunger, lack of energy, weight gain. People may feel a sense of despair that they cannot lose weight (26).

Viscous Cycle



People tend to not affect their food and food choices
because they are overweight

The way to break this cycle is to set up a way that holds a stable blood glucose level.

- Achieved by using controlled portions of low GI carbohydrates
- Following balanced meals and becoming more active

Exercise picks up the release of stored energy (glucose and fat)

Exercise makes body cells more receptive to insulin

Exercise reduces insulin resistance

What common might jobs and parents use to tell her

Regularly asking her to do more when you're busy a rule to freedom

More help in life

Are themselves to do it

Responsibility to be more rather than trying to control it

Falling when you want when you want

Is job to be strong emotional subjects to asking

Ability and independence

Being on the ground

Comfort coming

Are you a good psychological support to someone

All or nothing thinking

If you can't do it, you can't do it (if you can't do it)

It's an excuse for yourself to relapse back into old behaviors

Not taking full responsibility for what you do

Making excuses. Blaming family, friends, co-workers, poor circumstances, etc. etc. etc. etc. for giving you the bad life

Most of your social and or work life revolves around being or drinking alcohol

If you have a habit of drinking alcohol more often than you should

Why? It's not a habit of being aggressive or being more of a life story

How is it better than the previous release?

Expanding on many of the

Respiration cannot regulate overall ATP levels

Controlled portions of $\text{Hf}(\text{IV})$ and $\text{Nb}(\text{V})$ in muscle (see below section).

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There's no real answer regarding the standards we found.

Y'a qu'un: [marché immobilier à Paris](#) en hausse

No drinks especially risky drinks that contain sugar included cardiovascular disease

Find all the real and complex solutions of the equation.

Donner samedi deux glaces aux autres pour Noël prochain. Pour la courtoisie de Noël cette

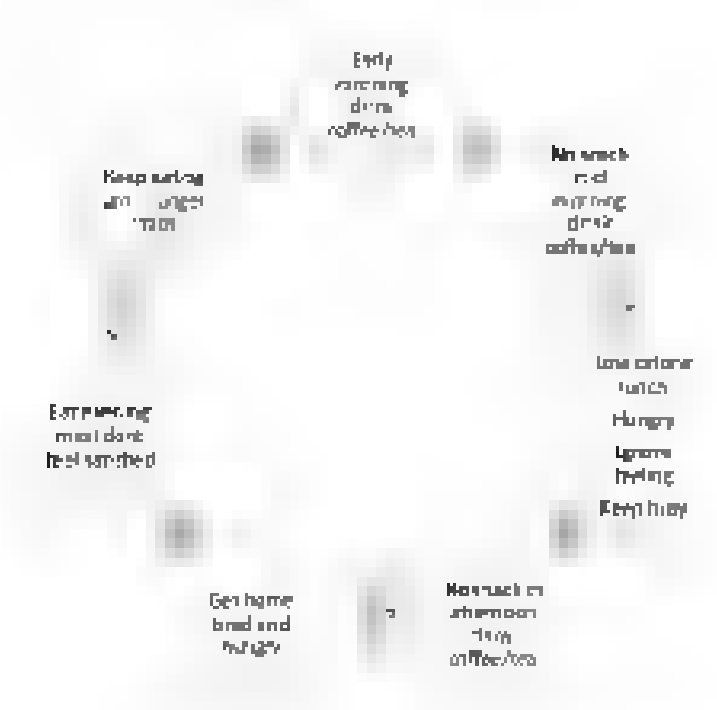
Plans are subject to unannounced audits and cancellations

Item 1. Our air traffic controlling and navigation system for 1991 is 100% domestic.

[illegible]

Wieder zu Hause angekommen: Keine Ahnung! 13-Jähriger Herr Kim aus Incheon ist gerade wieder in ein Internat zurück ins Ausland. Seine drei wichtigsten Aufgaben: Händchen putzen, Handtücher wechseln, 10-15 Minuten schlafen. Im Internat ist es immer gleich: Jeder muss seine Aufgabe machen. Und das ist auch die einzige Möglichkeit, dass man nicht zu Hause mit seinen Eltern zusammenkommt. Daher wird meistens nur ein Mann, der die Aufgabe hat, zu Hause zu bleiben.

Disordered Eating pattern



- This eating pattern is disordered because it has no structure
- The pattern of overeating with a period of conscious eating. After virtually no food for most of the day/week, the brain will be totally focused on driving them to eat.
- Restrictive eating triggers cravings for food

Typically, my time around mid-afternoon to early evening

The brain drives you to eat because its energy stores of glucose (sugar as glycogen) have dropped low over the course of the day. This pattern will cause you keep eating until all the food is digested. It takes up to two hours to fully

Digest a meal. People can consume a lot of calories in five hours. Craving for food won't stop until their brain registers that energy stores are topped up and switches off the drive to eat.

When 'overeating' happens

It's natural to desire foods that are high in fat and sugar because they are energy dense (contain lots of calories).

The trouble with this?

Less likely to control food/beer choices that take longer to prepare. More likely to eat ready-made foods at a fast pace. People may end up eating more calories over a couple of hours than if they ate three balanced meals throughout the day.

It's easy to get into this pattern with busy work and family lives. Plus, consuming so all your calories in the evening (or two to four hours stops you feeling hungry the next morning, so you miss the usual pattern of discomfort eating).

If the disordered pattern of eating continues, it could lead to binge eating where the person has a sense of no control over the amount they eat. Even though eating is a great pleasure, binges leave people feeling guilty because of the loss of control and fear of weight gain. This is more likely to keep you in the cycle of overeating leading to the day after with overeating in the evening.

The evening is the worst time to consume a lot of food because people are (just at the end of the day) and people (likely to sit on the sofa for several hours and then go to bed).



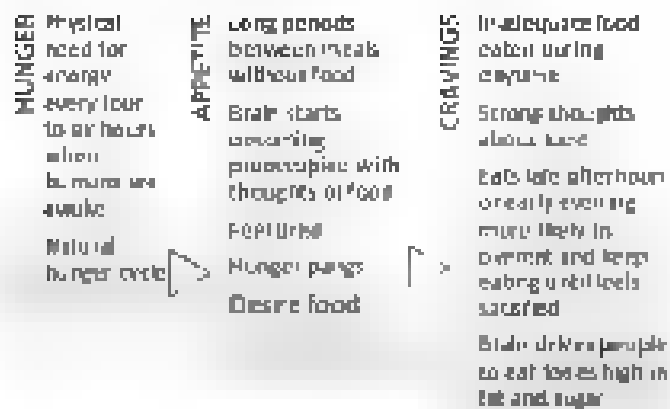
Energy reserve

While we sleep, the human body deals with repairing damaged cells, getting rid of waste products and in filling new cells because it does not have to participate thinking and movement.

The body's natural restoration processes will be limited if it is dealing with digesting and storing of food in the evening or during the night.

Try to get a routine of eating and do not eat too late in the evening. Ideally, no food after seven in the evening: see [Asking](#).

If a person eats when they feel like it with no structure, their brain is more likely to store from hunger to appetite to over-eating.



When you are craving food, it's very difficult to step yourself from overeating.

Example of a Structured eating pattern



A simple routine of eating will give this person's body the energy and nutrients (protein + vitamins and minerals) that it needs to function well. Because this person has eaten on regular intervals around the 4- to 6-hour physical need for energy cycle, they have satisfied hunger and are in control of their appetite. This person is more likely to maintain a stable weight, lose body fat and gain muscle if they are more active.

If you travel to any country in the world, the majority of the population will have an eating pattern of two or three meals a day. If they eat only one or two small meals, this is unlikely to be by choice, rather the result of poverty.

Then to those meals a day with one to two snacks in-between meals gives people the energy they need to move around, think clearly and get work done.



Results show - The human body has evolved to tolerate restrictive eating for short periods, about three to four months after that fatigue sets in.

Think about your reasons of eating. Write down what you eat and when for a few days, this will show you the reality of your eating pattern.

Summary - How to control your appetite

It can become a battle of will power to keep dieting

- ✦ Dieting regulates insulin making fat cells release leptin, which reduces your appetite, so you eat less.
- ✦ Eating regular meals at similar times reduces the amount of Ghrelin secreted from the stomach, so people feel less hungry, eating less food.
- ✦ Eating consistent quality always stops the levels of Ghrelin rising. This stops a person feeling so hungry.
- ✦ Consistent portions of low GI carbohydrates foods keep the level of insulin low in blood. This means the body can switch quickly from storing glucose and fat after a meal instead of a

If you feed your body properly, it will settle into a pattern of eating and regulate the amount you eat. You won't need to diet any more.

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Insulin like growth factor (IGF-1). (IGF-1 promotes growth of body cells, especially skeletal muscle).

This means, fasting protects muscle mass and reduces your body's using body fat as its main source of energy.

Want to lose fat fast?

Try fasting for 12 hours. This means no food, only water or drinks that are calorie free. Doing two meals within a 12-hour period during the day/week, no snacks, no desserts.

Endocrine is accumulating that eating in a 12-hour period and fasting for nighttime hours can trigger a metabolic switch from glucose-based (carbohydrates and protein) to fat-based (fat) energy with decreased inflammation, increased longevity and decreased incidence of diseases called up earlier (53).

12-hours too long?

If nighttime-hour fasting does not work for you as you gave it ago but ended up eating, then 12-hour overnight fasting is beneficial and attainable.

- 12-hour overnight fasting helps to control your appetite during the day/week, maintain muscle mass, and helps keep off any lost body fat.
- The opportunities for overnight fasting increase in the evening to move to the morning. See if you can manage 14 hours consecutive days in the week.
- This is not always possible if you work late or eat out in the evening, so if dinner is late, you should still do the full 12-hour fasting, for example, finish eating around 9 pm, do not eat anything until after 9 am the next day.
- Digesting food is demanding on our bodies. After we eat, the priority is to use the energy from the food for body functions in two hours and any excess food energy is stored for later.

CT* **Reminder:** the more we spread eating out over the day, the longer our bodies need to switch on energy storage and switch off energy release. Bodies need a least 7 hours overnight while bodies are rich in releasing stored body fat for energy (54).

During sleep, our body regenerates by building new cells, getting rid of old or dead cells and waste products. It manages this efficiently if it's not having to deal with digesting and storing energy from food.

What the body needs for fat storage

The breakdown of body fat releases ketone bodies. Ketone bodies have an effect of suppressing your appetite. Once the body is using more stored body fat for energy, hunger will feel weaker and eat less, with a quicker onset of satisfaction after eating lighter meals or snacks. This keeps the body in a pattern that is six-hour hunger cycle with hormonal triggers, signalling the physical need for energy. When the body is releasing stored fat, it suppresses appetite and more importantly stops us from craving foods high in fat and sugar.

Overnight 12-hour fasting is hard for the first two to three weeks; you will go to bed feeling hungry. By 4-6 weeks, your body will get used to not eating after 7 pm and your brain will stop craving about food in the evening.

Fasting means no food or drinks that contain calories, so that are baked goods (and milk, as tea or coffee).

❖ Fasting is beneficial for food or hunger overeating every day

If you are successful in sticking to this, you will lose up to 16 pounds or 7 lbs of fat in the first few weeks. This helps lower insulin resistance and helps suppress appetite in the daytime.



Remember If you want to lose body fat quickly, say for a special event and feel you can be disciplined, then increase the fasting period up to 18-hours.

- Then swallow food at 8, or drinks that contain calories for 18 hours each a day
- Then eat two balanced meals within a 16-hour period (see balanced meal section) no snacks, no drinks
- Do this for as long as you can tolerate it
- Then go back to overnight fasting for 12 hours from 7 pm to 7 am, with three balanced meals or two balanced meals, with one or two snacks between meals

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Chapter 12

Ordered Eating

Ordered eating is intentional eating.

So, what's new?

Definition of normal is in a typical or structured way



Remember - the natural hunger cycle is every four to six hours up to satiety levels. If we give our body what it needs to function well, it will regulate consumption for us. We won't feel deprived of food or crave food constantly to overeat.

Write down examples of when you eat and when on a typical day, on a weekday and one day over the weekend. This helps to focus on the reality of your eating pattern.

Do you have ordered or disordered eating?

If your life is busy or chaotic, with food times disrupted by demands of work or family, it would be wise to plan realistic times regardless when you are not ready to be able to eat.

If you are thinking "I can't do this" then you may not be ready to change eating habits.

Remember that your lifestyle and eating habits are keeping you overweight.

Change is difficult but not impossible

Speak to the people closest to you and ask if they are willing to make some healthy changes to the way they eat so you can support each other.

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Chapter 13

Foods You Can Swap for a Healthier Alternative

No one is perfect. When foods are banned or considered 'bad' or only for treats, we deprive ourselves of meals, snacks and desserts we enjoy. Rather than banning foods, consider swapping to an equally tasty healthy alternative.

Food that need-wrapping for its addictiveness	Why and What
AVOID Sugary drinks especially soda drinks. Adding extra sugar into drinks or on food.	Why? These are fast-acting stimulants. Raise your blood glucose levels rapidly, needs a lot of insulin to deal with it What? Try or toffee with no added sugar, water lemon tea and slice of orange, lemon or lime in a glass of water. Drink milk or have a cup of cream or a little as a snack. Don't let a measure of fat is sugar-based added into other sugar free foods are okay such as wedges of jam or honey on several vegetables per day. Small bar or a few squares of a good quality chocolate

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*especially if you want to reduce your carbon
footprint and are against cruelty in animals*

Summary: Foods you can swap for a healthier alternative

- ✦ Cut out sugary drinks and foods that are made mainly from sugar. Allow your taste buds to get used to food and drinks without added sugar or sweeteners.
- ✦ No concentrated fruit juices. Daily limit of one glass. 200ml. Fresh juice or smoothies.
- ✦ No foods with added glucose/fructose corn syrup. Check labels to products in packaging.
- ✦ Swap the starchy carb/dst/rice you eat the ones often (rice, bread, potatoes) for a low GI alternative.
- ✦ Choose to eat fish in their most natural state. Not cooked in high temperature or processed.
- ✦ Buy the best quality food products you can afford.
- ✦ Give up eating sweet and salty snacks that are made mainly from sugar (1st my wife says I eat).

P If you struggle to give up entirely, avoid Fast food, Fast Eat 50-60 times for one day. Eat five balanced meals within a 4-hour period, no food or drinks that contain sugar for 24 hours.

This works to reset your taste buds.

After a Fast, the body will become more sensitive to subtle flavours so you can start to enjoy healthy foods again.

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Beans, peas and lentils: source of protein for vegetarians and vegans

Add substance and texture to a meal: high in fibre, filling

Any Fish

Excellent lean protein
healthily - especially
omega 3 in oily fish

Most protein in bone cuts (pork or ribs) but cheap processed meat

Source of protein, iron and B vitamins, digests slowly, gives filling and satisfying feeling in stomach

Any nuts and seeds

Protects against forming minerals and healthy fats - but (or not) all types of nuts are beneficial to health

Cows milk, cheese and eggs

Dairy foods are high in protein, calcium, vitamins and minerals. It gives milk is low calorie cow but and maintain diase

(see G44444)

The quality of protein in any food is compared - the protein in egg

All vegetables it's common for some people to dislike the taste of vegetables. Children have normal taste buds - so are less likely to enjoy vegetables

As children grow into adults and experience different foods and flavours it's normal to develop a taste for a wider variety of vegetables and fruit

Encourage an adult to go shopping with the vegetables and fruit you dislike and include them in your meals

Vegetables can be hidden and enhance the flavour of a meal if its mixed in - soups, casseroles, sauces, pasta sauce

Roasting vegetables - and to eat them when they're hot - taste much appealing. Add gravy - but not too much

Sometimes the texture of hard vegetables puts people off or they may find it difficult to chew on raw hard food - vegetables when it they are cooked in stews or casseroles or canned

All fruits - try to eat one whole fruit when possible

Any of the fruit is better than no fruit so if you prefer it peeled or stewed or baked or a smoothie it will be good to your health

Common Foods that add to your diet, believed to have health benefits

Garlic 33' Known for evidence for disease fighting properties. Anding Allium - equates to lower blood pressure and LDL cholesterol (LDL is risk factor for heart disease)

Seaweed - low calorie, salty, crunchy. Source of protein, fibre and many vitamins and minerals. Small amount of fat is omega 3

Ginger - long history of traditional/alternative medicine. Used to help digestion, reduce nausea, fight flu and colds

Blueberries - low GI, adds flavour and colour, low in calories. High in antioxidants, believed to help protect against aging and cancer

Kale - mainly protein and fibre. Contains alot of vitamins, minerals and antioxidants. Also free radicals that damage cells, very low-calorie content. Small amount of fat is omega 3

Turmeric contains curcumin helps prevent some diseases, anti-cancer and cancer 32. 33. Anti-inflammatory and antioxidant. Thought to improve symptoms of depression and arthritis

Summary: Which Foods are Healthy and Why?

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5.3 Reminder

- ✦ The stomach and all gastric enzymes made by the liver break food down in key places so that we can absorb it through the bowel wall.
- ✦ When carbohydrate foods such as wheat and corn are ground down to a fine flour or sugar is extracted from sugar cane, these will be digested very fast because the gut does not have much work to do.
- ✦ High GI foods are quick to digest so cause a rapid surge in your blood glucose level, matched with a rapid surge in insulin. High insulin levels in the bloodstream uptake off fat and glucose release and uptake in storage of glucose and fat.
- ✦ High GI carbohydrates give a 'fast surge' of glucose energy which then drops as excess insulin moves it out of the blood into body cells. When a rapid surge in blood glucose drops back down, it leaves a feeling that's not hungry which drives them to eat again to get an energy lift.

Sugar and high GI starchy carbohydrates are fast carbohydrates

Fast carbohydrates keep people in a cycle of feeling food and hungry when you weight really and struggle to lose it

Summary Carbohydrate Foods and the GI

(Glycemic Index Index)

If you want to lose fat

- ✦ Cut out fast carbohydrates
- ✦ Fast carbohydrates are any drinks that contain sugar. Foods that contain mainly sugar where sugar is listed as the first ingredient, high GI starchy carbohydrates (foods made with white flour).
- ✦ Eat two or three regular meals every day
- ✦ Eat within 10 minutes every day. Once you are awake, do not leave 10 minutes then sit down between meals

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Sugar is how plants store energy. The building blocks of sugar is glucose. It does not taste sweet to us but when we digest it by breaking down food, it releases glucose.

Sugar is stored in plants as energy. The most common plants to produce sugar are sugar cane and sugar beet.

All carbohydrates give us sugar in the form of glucose. We absolutely need glucose. Our brain and muscles tend to best with carbohydrates included in your diet.

Slow carbohydrates (low GI) are like fast food.



Remember the amount of carbohydrate you need, especially fast carbohydrates (sugar or high GI starchy foods) depends on how active you are.



If your lifestyle is inactive, you do not need fast carbohydrates. Better to swap for controlled amounts of starchy low GI carbohydrates.



If you are obese (BMI greater than 30) and/or have type 2 diabetes or Polycystic ovary syndrome, you should avoid fast carbohydrates.

Swap Fast Carbs foods for Slow Carbs

<i><u>Example</u></i> High GI "Fast carbohydrates"	Swap for low GI alternative "Slow carbohydrates"	Swap for lower calorie, low GI alternative
Breakfast cereals Any processed (ground down and formed into a squish) Cereals Processed flours Crack pasty	75g Muesli with fruit and/or nuts 50g Porridge 40g 100% organic flours 50g Cinnamon with fruit and/or nuts Shredded wheat X 2	75-100g portion of porridge oats served with fruit and milk or a natural yogurt 2 egg omelette

<i>Example:</i> High GI "Fast carbohydrate meal"	Swap for low GI alternative "Slow carbohydrate meal"	Swap for lower calorie, lower GI alternative
Rice Krispies Peanut Butter Honey nut loops Crunchy cereal Puffed wheat Wheatels	4½g Bisco Biscuits with oat 4½g Any "high bran" cereal All from Dry weight	1 slice pumpernickel with 2 eggs or 1 ome biscuits 2-3 slices 2 ½oz crispbread with low fat cream cheese or cottage cheese or 1 heaped teaspoon of a nut butter Sliced apple with 2 up.su. butter
Rice	Basmati rice Wild rice Brown rice Raisin rice Eniger wheat Amaranth Quinoa All 6 ½g dry weight before cooking Or portion to 1/3 of meal plate	Cardiff flower rice Buckley Mix rice with equal portion of any protein beans: beans "oil and reduce calories to meal
Bread made from white flour Any fish or meat in sauce or bread crumbs as batter or covered in sugar-bread or cream-cheese Pasta	"Wholegrain, pumpernickel, seeded or nut (bread with "nut in" Fillings: egg, tuna, salmon, chicken or meat (cut or off a just not processed sandwich meat), avocado and poached egg, cottage cheese with pineapple or apple slices Any vegetables of bread	Antipasto (eggless) Thin seeded wholegrain or flat cracker biscuits Cheese small slices or small roll of Creamy or Cheddar bread with filling

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Exercises High GI "Fast carbohydrate" ones	Swap for low GI alternative "Slow carbohydrate" ones	Swap for lower calorie, lower GI alternative
		Crisco peppers Braised sprouts Braised chili
Any white flour used for cooking/baking	Whole grains or add seeds or nuts. Mix half white flour with oats or almond or coconut flour Soybean flour	Shirataki flour
Any Commercial Any sausage Any gelatin	Parts of any shape Whole or wholemeal Sprinkled on steamed Quinoa noodles Rice or rice noodles Vegetable aromatics Herb and vegetable meat	Zucchini strips Kale noodles (grated and served) veg dry weight of sober meal or fresh egg pasta filled with vegetables, meat or cheese
White Milk Baked Chicken	High quality milk with no fat Chickadee	Almonds Tinned potatoes
Burger bun	Garlic or grainy roll	Potato or mushroom
Shredded cheese mainly from super	Olive Oil Moz 25-30g Any milk	Slices of apple Any berries Pineapple slices
Cake	Apple and cake Banana bread and fruit Shred fruit and filo	2 or 3 mini chocolate cocoa squares, made with oats or high

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Chapter 17

Vegetables, Salad and Fruit

To date, all advice on healthy eating agrees that people should eat more vegetables, salad and fruit (31). These foods help our bodies function well, slow aging and have been shown to reduce the risk of developing cancer or heart disease or diabetes.

They are filling and low calorie. Vegetables, salad and fruit provide carbohydrates but in small amounts that digest slowly. Plus, the vitamins and minerals contained in them are natural and absorbed into your body better than a vitamin tablet.

All vegetables, salad and fruit are good for you. If you are a fussy eater, try to include any vegetable or fruit you like in every meal.

When you look at your meal plate, at least 1/3 should be covered by vegetables or salad.

Aim for 5 to 7 portions a day (32).

A portion is

Vegetables and Salad

Fruit

- 2 Bunches spinach
- 4 tablespoons cooked kale, sprouting greens or green beans
- 3 deep red tablespoons of cooked vegetables such as carrots, peas or

- Small fruits - 2 plums, 2 raspberries, 3 kiwis, 3 Apricots, 6 Lychees, 7 strawberries or 14 cherries.
- Medium sized fruit - 1 Apple, banana, pear, orange, seedling peach.

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Chapter 18



Justify: every function in the human body is controlled by proteins. Protein in food is broken down by your gut into its building blocks, the amino acids. There are 22 of them; 20 are used that your body uses to build new cells.

When people eat food, the body absorbs the proteins it needs to maintain and build new cells. Any extra protein from the food is broken down and used as energy. Protein can be converted into glucose.

Protein takes longer than carbohydrate to digest, so the human body gets energy from protein later in the hours after eating. Meals that contain about 1.5 protein rich foods slow down the rate of digestion. Makes you feel "full" for long or not too hungry in-between meals.

Most of the proteins we eat is from the muscle of an animal or fish. Muscle tissue in any animal is mostly random. All living cells have proteins as part of their structure so all animal's body parts contain some protein. The only foods that do not contain any form of protein such as, refined sugar, fat or oils are pure energy which has been taken out of a plant or animal.

If you do eat meat, poultry, game or fish, you can get all the protein your body needs from different food combinations. Protein from animals (meat, poultry, game, fish, dairy, foods) provide all the amino acids the human body needs. The person in most places has some form of animal food. The exception is vegans which consume all the amino acids. Throughout history, people all over the world have been consuming certain foods kept them healthy as well as giving them a satisfying meal that tasted good.

Food combinations that provide all the amino acids and result in lower the ICI of a meal

Palaeo - beans, peas, lentils with dairy products (milk, cheese)
As lentils are with protein beans. Dried with natural yogurt

2. Wholegrain - brown rice, noodles, cereals,
Wholegrain bread with pulses (beans, peas, lentils)
As lentils are as food, risotto with peas, chicken terrine with roasted lemons

3. Pulses (beans, peas, lentils) with seeds and oils
Sausages (chickpeas with sesame seeds), salmon has a salad with flax seeds.
Vegetables and beans satisfy with protein

4. Dairy (milk, cheese) with wholegrain bread
Cheese sandwich with wholemeal bread, porridge with milk

Eating extra protein does not encourage muscle growth only muscle for exercise over time will build size and strength

Protein helps to control appetite because it takes longer to digest, giving a slow release of energy

Proteins are made up of complex building blocks that take longer for your gut to breakdown. This means any excess protein in a meal is used for energy about four to five hours after a person has finished eating. If someone ate two scrambled eggs as two meals for breakfast, their body would use the carboly-dious energy from the toast for about two hours then the protein would provide energy later. This has the effect of curbing appetite (desire for food) or cravings (growing drive to eat) at the next meal. The body is getting a slow flow of energy so the brain does not need to drive overeat (a good choice of foods high in

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that heart attacks are not caused by eating too much fat, it is more complicated than that. There are many risk factors, high cholesterol is one, so is smoking, a family history of heart disease, an inactive lifestyle and obesity. The more risk factors you have and the longer, the greater chance of developing heart disease which is likely to cause a heart attack.

We now know 39, 40, 41, 42, 43.

Dietary fat is not the determinant of either high cholesterol or heart disease. Heart attacks, known as MI (Myocardial Infarction) happen after a damaged artery wall gets clogged up with a mixture of cholesterol, calcium and fibre. This is how the immune body seals up a damaged artery wall. The trouble is once the fat plug is there, sometimes another cholesterol stroke to it and builds up, which gradually fills up the space in your artery. This reduces the blood flow to the heart and causes a more likely a blood clot will form and block the vessel (heart attack). Once an artery on your heart is blocked, your heart is deprived of oxygen and nutrients and it starts to fail. The amount of damage to your heart depends on which coronary artery is blocked.

The Lyon diet study 44)

Compared people who ate a Mediterranean diet (low GI carbs, lots of fruit and vegetables, olive oil) to western diet high in saturated fat, sugar and refined high GI starches/carbohydrates. The study concluded that 'Western diets increase (the amount of) triglyceride fat that can be stored (from excess sugar and high GI carbohydrates). High triglyceride is linked with increased inflammation which damages cells. This explains possible complications experienced by inflamed and/or overfat body is happen.

Research so far has proved that liquid fats such as olive, fish oils are beneficial to our health. Especially those rich in omega 3.

Beneficial Fat

Stick to natural solid or liquid fats; butter, coconut and liquid vegetable, nut seed or olive oils. Only fish is a very rich source of omega 3 and omega 6 essential fats that the human body needs.



Reminder: fat is nature's way of providing concentrated energy. So, make sure you have an idea of the calories you are eating so be able to plan meals and make choices of fresh-made foods that meet your mind and feelings.

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Chapter 20

Energy

What do I need?

It's helpful to know the typical amount of calories your body needs to function and for what activity.

Once you know the average calories to maintain your current weight, you can plan how to reach the number you want.

 **Realistic** A possible reduction in your calories is what rather than depriving yourself by switching to a very restrictive diet. We now understand that dramatic changes to established eating habits do not last long. Spread healthy fats by reducing (if you can) those calories that you were up (to do structure and for support).

 **Disruptive** Eating with low GI carb-rich diets and balanced meals will control your appetite, making it easier to tolerate eating less without feeling hungry and avoiding episodes of overeating.

Feeling fat-free is a natural weight loss that the body needs to eat more and body fat for energy. Hunger will be protected because gradual weight loss is less of a loss of body composition. Less of water and the fat and fat.

Counting calories does not have to be perfect or exact. Just having a rough idea is helpful.

Average daily calorie intake (kJ)

Age	Males	Females
0–2 months	550	510
3–6 months	650	550
7–11 months	750	710
1–2 years	~1000	1000
4–6 years	1500	1500
7–10 years	1650	1600
11–14 years	2400	2500
15–18 years	3300	2500

As humans develop, they need more energy to keep the body functioning and to allow growth. It is interesting to see the increase in calories as children grow, with the largest food intake needed during adolescence for 'puberty'. Puberty is the rapid growth spurt developing from a child to an adult body shape.

Adults	Males	Females
19–30 years	2750	2300
31–54 years	2600	2100
55–64 years	2400	1900
65–74 years	2150	1600
75+ years	1900	1500

UK Energy Requirements based on the average energy required for people of a healthy weight who are moderately active

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Follow this plan

1. Work out your average daily calorie requirement on a calculator
2. Reduce the number of calories by 500

3. Plan a calorie range for each meal

Start looking at and working out the calorie content of meals, snacks and desserts and drinks you choose the most often

Easy Information Look at packets, search on the Internet, consider getting an app that will tell you the calorie content of different foods. Look on websites, such as BMI, which will give nutritional information and calorie content of popular meals.

Around the calories (to sensible numbers, does not have to be perfect or exact)

It is crucial to be patient with weight loss. Losing fat means you may only see small weight changes and if you are including exercise body weight is likely to increase in the short term due to an increase in muscle mass.

Remember these changes are improving the health of your body, do not give up.

- Use the equations below to work out your average calorie intake (16):
- Or download an app that will calculate this for you

Adult Males		Adult Females	
18-29 years	$16.0 \times \text{weight in kg} + 545$	18-29 years	$15.0 \times \text{weight in kg} + 458$
30-39 years	$14.2 \times \text{weight in kg} + 593$	30-39 years	$13.2 \times \text{weight in kg} + 494$
40+ years	$13.5 \times \text{weight in kg} + 514$	40+ years	$12.0 \times \text{weight in kg} + 569$

The number calculated is the BMR or basal metabolic rate. This is roughly the calories needed for your body to function **NUT** for any activity.

If you want that weight loss and have to the point is almost very restrictive eating, less than 1000 kcal a day. It would be wise to also to eat the minimum calories your body needs to function (BMR). Otherwise within a few weeks, your metabolism (rate of calorie burn) drops. Back into the vicious cycle of thirst, weight loss cravings.

*Next, remember from earlier paper **Efficiency** is*

Physical activity

The body needs energy (from food) for movement and clear thinking

Energy expenditure = BMR \times Physical activity level (PAL) (44)

PAL is a way to express a person's daily physical activity as a number

Lifestyle Category	Description	PAL (est)
	Little to no activity in the majority of the day. Unable or unwilling to exercise. Limited mobility	• 2 Men and Women
Light Activity	Woke around some of the day, standing and walking for 1 to 3 hours. Spent a lot of the day sitting	1.4 women 1.3 Men
Moderate Activity	On feet for most of the day, standing and moving about. Examples: working in a shop Or works sitting at a desk but is active for one to five hours a day (walking to work or dog walking or exercise)	1.6 women 1.7 Men
Very Active	Hard daily activity – physical labor Heart rate increases, Red face, perspiration On work long day on feet, walking around with lifting and moving objects, examples: heavy worker, builder, healthcare worker from work or profession	1.8 women 1.9 Men
Highly active or strenuous work	Significant amounts of sport or strenuous work or leisure activity Example: Competitive cyclist	2.0 Women and men → 2.4

Energy needed for body function (BMR) multiplied by the PAL can be used to calculate the amount of food energy (kcalories) a person needs for their typical lifestyle.

Place example

A man aged 35 works in an office. sits at a desk most of the day. uses a computer and phone. Takes a 15-minute break walk to and from the stairs 5 days a week. Plays golf all afternoon one day at the weekend.

$$\bullet \text{ Activity factor} \sim 1.4 \text{ Light Activity}$$

- Weight = 14 stone 5 lb or 92.5kg
- Height 5 foot 10 inches or 180cm
- BMI 26.5 – overweight range

$$14.2 \times 92.5 + 593 = 1948.5$$

Round to a sensible number 1900

$$\text{Then } 1900 \times 4 = 7684$$

Round to nearest 50 = 2650 total average calories a day.

People do not eat food to an exact number of calories. Round up your calculation to the nearest 50 or 100

A calorie range always helps but then trying to get to an exact number. It is impossible to get to a set number of calories and gives the impression of either over or under-eating.

To gradually lose, first take 300 kcs off your total average calories

For this person to lose fat, he should aim to eat 2150 calories a day.

It is difficult to eat to an exact number so allow an extra 200kcs on top. This gives a bit of flexibility if you eat a bit extra or misjudge the caloric content. Aim to eat daily caloric range between 2150 to 2350 calories a day

2nd Example

Female aged 43 weeks part time in a shop. Has teenage children and a dog. She is the primary carer for her children and housekeeper because her partner works long hours.

Wakeup dog most days for 30-45 minutes

- Moderate Activity level L6
- Weight = stone 7 lb or 70.5kg
- Height 5 foot 6" or 168cm
- BMI 25 – beginning of overweight

$$9.74 \times 70.5 + 694 = 1343.59$$

Round up to the nearest 50 or 100 = 1400kcs

$$\text{Then } 1400 \times 6 = 2240$$

Round to the nearest 50 = 2250 kcs a day

To gradually lose weight, *burn 500 calories off each week* (while 700 calories are kept, also to eat daily calorie range between 1750 to 1825)
(see example meal plan with calorie program on page 98)

Do you feel put off by equations or numbers?
Don't want to do any math!



There are apps that will do this for you



All you need is your age, height and weight and the app will calculate your average calorie requirement to maintain your current weight

1. Know how many calories you need to lose weight
2. Plan the best times to eat meals and exercise
3. Be your best to stick to the daily calorie program



Think about the demands of your day and plan three windows when you are most likely to be able to eat. Divide your daily calories up to possible amounts that reflect the amount of food you would eat. Breakfast is likely to be the smallest meal, then midday meal and evening meal as the largest of your day



Do not be put off by the numbers, they are a practical way to compare what your body needs with what you are actually eating. Start by taking all those pesky calories up by the foods you eat the most often.

The average of the energy your body needs if you are busy (forget or unable to eat in your time windows) and as soon as you can or add the calories once your quiet time. Do not leave food until late afternoon or evening time is the greatest average picture of eating.

Real life example on 2) with realistic calorie range

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- After fasting for 16-hours, go back to 12-hour overnight fasting. Aim to eat the calories needed to maintain your weight on the eating days and the calories to lose weight on the 12-hour fasting days.
- Use the 12-hour fasting days as the time to lose fat.

Special eatings, special events and holidays

Fasting involves access to larger and higher calorie meals. Either eat your lower calories for the morning at lunch or your calories for the afternoon and evening at dinner. It means do not eat snacks and aim for the top end of your calorie range. Otherwise, target the loss for one day and allow yourself full weight maintenance calories.

It does not take long to be able to make a reasonable estimate of the calories in food. A lot of what we like to eat we eat often.

The effort you take understanding the calorie content of different foods will make it easier for you in the future.

Essential repeat – know the calories in foods you enjoy and eat often often.

Summary – Energy



- People do not follow "dieting" advice long term.
- Workover to = match energy (calories) your body needs to maintain your current weight. Take a 500 calorie.
- Gain personal experience with a new pattern of eating.
- Discover how many calories are in the foods you choose to eat the macronutrients.
- Find out what works best for you.

Chapter 21

Portions

How much should I eat? (37, 50, 51)

For meals that you prepare, there are different options.
Decide what would help you.

Examples

Serving and serving is a learned skill just by experience

Based on using a standard sized dinner plate measured 14-12 inches or 24-30cm diameter.

- Do not serve food in layers or pile foods on top of one another
- It helps to serve meals where the different food groups can be seen clearly
- Once the meal is served, you can wipe it up to combine flavours



1. Serve sturdy carbohydrate as no more than 1/3 of your plate
2. Serve the food high in protein as 1/3 of plate
3. Vegetables (or salad generous serving): 1/3 of plate
4. For one or two persons added as part of meal or as food naturally or as a gravy or sauce or added during cooking



Look at the calorie content of foods you buy. Pre-packaged foods should have the calorie values on the packet.

If you are making a meal by following a recipe and it does not tell you the calorie content, have a look on a website that offers recipes with nutrition information: the BBC good food is one useful website. If you decide to buy a cookbook, it helps to choose one that tells you the calories of each meal serving.



Get a rough idea how many calories are in a snack or meal; it does not have to be a perfect number. If you make a meal and do not know what to do, then go on a website that gives nutrition information and search a similar version of the meal you are making.

If you weigh out foods, it's easy to search online or get an app that tells you the calorie content. Then put the portion into a measuring jug or a cup and pour or write down the measurement. This way you won't have to keep weighing out your portions just fill the jug or cup to the level.



Are you thinking this is too much time and effort. I know I won't do that! People repeat eating the same meals and foods multiple times. Therefore, the often you put into gaining knowledge about the calorie content will not need to be repeated again. Write it down or put the notes on your phone.

As part of my job as a dietitian, I would do calorie estimates as my last. Some dietitians's record of what they eat. It does not take long before you can make a reasonable judgement. Many of the people I helped had established how many of the calories in foods because they had spent so much time thinking about food when they were trying to lose weight.

Consider buying a portion control tool

Here are links to these at:

- [Portionplate](#)
- [6-piece plastic portion set](#)

- Three-compartment food containers (good for preparing to eat meals to take to work or college or ready for when you get home).
- Portion Monitor

Portion control tools are a straightforward way to control the amount you eat by filling up the compartments, so you do not have to weigh out or measure.

Labeled food that combines two or three food groups in a serving, such as cottage pie, lasagna, tortilla, should only fill 1/3 of a plate or one portion compartment.

Books are established after about three months regarding new behaviors. That means it takes a lot of effort in planning and preparing what you are going to eat to establish healthy eating behaviors. It will get easier with time. A habit is something we do without thinking. Food awareness:



- ✦ If you eat meals at similar times each day, this gives your body the message it needs to function well.
- ✦ This calms hunger - the body's need for regular energy.
- ✦ A experienced eating routine helps your brain to defy say your appetite (calorie in out) so you will be able to separate eating regularly portions and your hunger changes.

If watching to eat fiber foods is not working out:

That is, you do not enjoy the taste and do not feel satisfied after eating. Consider eating what you enjoy but controlling the portions. You will need to find out roughly how many calories there are in your favorite foods and limit what you eat to meet the calorie range planned for each meal.

If you like to feel 'full' after eating:

Especially your main meal. Eat more vegetables or salad and add some protein foods: lean meats, poultry, game, fish, eggs, beans, lentils, quorn, tofu.

If you don't like eating or feel 'full' and lack motivation:

Particularly at the end of the day. Buy ready meals. Look for ones that are balanced, containing mainly carbohydrates, protein, fat and vegetables or salad.

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battered gummy or sweetened milk + fried n/1 block
veg oil/bf/soybean/peanut/birdseed/bowl soup (dumpling or homemade) + sprinkle oil
ground chicken on top

large n/16 bread with hot lifting of fried onions with sliced steak or chicken or
vegetable steaks + salad, full fat soybean milk, soy salad or chili sauce optional

Idea for side salad or fill side dish or side plate or 1/3 of plate or dinner plate

Mixed leaves of lettuce, cucumbers, tomatoes, spring onions, watercress, etc
Optional add 2-3 tablespoons of sliced or sliced fruit e.g. pineapple or
apple + spoonful of nuts.
Or: heaped tablespoons of sliced watercress, kidney beans or chick peas.
Or: heaped tablespoons of sliced fruit or 1/2 a sliced avocado.
Dress with oil and balsamic vinegar dressing or soy oil-based dressing, add
dressing 1-3 (4-6) tablespoons (1/4-1/2).
Or: ready-made bag of mixed salad from supermarket or salad selected from salad
bar in supermarket.

Optional sauce Peanut, salad cream, mayonnaise, chili sauce, tomato
ketchup or
dips e.g. tzatziki, hummus, salsa, sriracha/sriracha, guacamole

Idea for low GI snacks between 144 or 154 kcal

A small handful 30g nuts walnut, pine or dry roasted GM A hard-boiled egg

A piece of fruit 1/4 grapefruit, 1 apple, 1 peach, 1 orange, 1/4 bag of banana, 1/4
orange, 1/4 pineapple with 10g nuts or seeds or coconut

1/2 individual packet of peanut M&M's 20-25g OR 1/2 individual tube of
sauce 1/2 packet OR 1/2 tube chocolate milk for OR 1-2 individual
dark chocolate with white chocolate sauce OR 2-3 squares of dark chocolate
20-30g

1 apple sliced with 2 teaspoons of nut OR ground butter

1 Oat crackers with 3 heaped teaspoons of cream cheese OR full fat banana OR peanut butter OR nut butter

Small individual bar of chocolate with high % of cocoa solids >50% or 30g chocolate-covered nut or 30g dark chocolate-covered dried fruit

200ml flavoured soy or milk drink OR 200ml drinking yogurt OR probiotic plain yogurt drink
Small or medium bowl or glass of soy or milk

Protein cereal bar or low carb cereal bar - look for carbs by date on front less than 20g per bar OR chocolate covered water biscuits

1 scoop of full fat ice cream - size of 10 marshmallows or 1/2 cup of yogurt or 1 individual pot of cream curdled or whey (e.g. Brevard)

4 cherry tomatoes with 30g cheese - size of 4 sugar cubes

Individual packet of salad OR plain popcorn

1 scoop of dairy free cream or dairy free ice cream with 30g chocolate covered nut or - small oat biscuits crushed on top

1 large or 2 small round biscuits made with milk

Small banana sliced or 1/2 mango or 3 pineapple rings with 25g full fat yogurt OR 1 scoop of low cream gelato, or sugar syrup or chocolate pinch OR nutmeg

Individual tub OR 125g of full fat natural yogurt or soy yogurt OR curdled with 3 heaped teaspoons of low OR honey or maple syrup and sprinkles of chopped nut or seeds on top

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Wasn't worth the so-called festive holiday table.



Travel to beautiful locations

Great outdoor views

Luxury accommodation

Opportunity to indulge in alcohol and food for two weeks



Conscientious might go to



Will have a vacation, higher educational and decreases in blood pressure

Go home with fatty liver and stomach hanging a bit further over your trousers

No one I company would agree with this because no one forces us to overeat or binge on alcohol.

Overeating and binge drinking alcohol actually harms our health, but because the effects aren't immediate, we soon forget how rough it made us feel and then repeat the same behaviour.

Do your best to control what you eat and drink.

Most people want to be fit and healthy. Perhaps turning your thoughts from short-term pleasure to thinking how great you will feel when you are slimmer and fitter. It helps if you remember a time in your life when you weighed less and were more active. If you have a photograph of yourself at a lower weight, put it somewhere like the fridge door as a motivation.

Watching healthier choices is an important part of being kind to yourself. This means not behaving in a way that harms you.

Treat yourself like you're not someone you are responsible for helping.

Another popular eating event in the UK is going for an Indian or Chinese restaurant meal or takeaway. Chinese and Indian cuisine offers a wide variety of meals with different flavours. Sometimes, it has become normal to order excessive amounts of food.

For a typical Indian restaurant meal or takeaway, its estimated people eat about 3000cal. This includes one main dish, a rice or whole meal bread and a side dish and a poppadum with sauces.

If people eat all that plus a second side dish or a whole rice and a whole meal or chapatti to themselves, they are taking in around 4000 calories for one meal, none of this includes the alcohol.

My point is not to be saying do not eat Indian or Chinese food, because it is delicious. It's to emphasise the reality that what is accepted as a meal is actually overeating.

would recommend you have:

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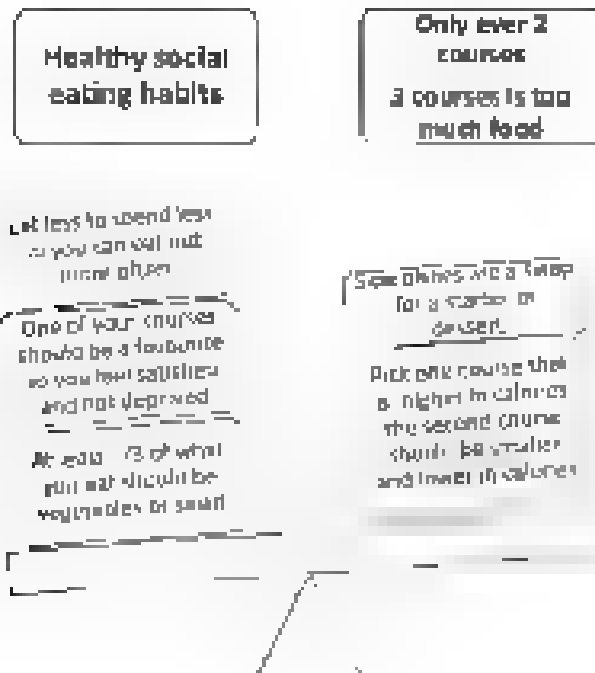
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Summary Social eating

- Practice new eating habits all day every day, this includes social eating and holidays.
- Plan ahead what you are going to eat and drink before going out, this helps

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How open minded are you to changing the way you eat?

Just imagine what life would be like if you had not
became more active and felt better

Do you feel willing to change?

Are you able to change?

Discuss the changes you want to make to eating and
activity habits with partners and/or significant people in
your life

Ask for their support

Change is a cycle that you need to repeat several times
before your brain settles into new eating and activity
behaviors

The experience of each cycle shows you what works and
what does not

Slips back to old eating habits are not a failure

Problem solve what went wrong and try again

What is the 'meaning and purpose' behind the desire to change eating and activity habits

Think about your patterns of behaviour that trigger eating too much or bingeing on alcohol

The brain will keep driving you to maintain old behaviours

Change depends on understanding existing habits

TRIGGER BEHAVIOUR REWARD

THOUGHT EFFORT RESIST URGES

Food is not bad it just energy

Get an idea how much energy (calories) is in the foods you choose to eat the most often

The human body functions at its best if it is given the nutrients it needs (fat, carbohydrate, protein, vitamins, minerals fibre) in regular meals

If you deprive your body with disordered restrictive eating

it will drive you to over eat or binge

Eat at similar times, even if you do not feel hungry

Stay in control of food choice and be in control of appetite

Structured, routine eating brings a sense of order

Fasting from 7 pm to 7 am gives the human body a break from dealing with food

Switches body to using more fat for energy

Helps to suppress your appetite during the day

For faster weight loss, 16-hour fasting. Eat 2 balanced meals (no desserts, no snacks) within a 6-hour period.

Aim to eat calories for weight loss for a while,

Sugar & 'Test' energy, most people do not need it

Give it time, your taste buds will adapt

To prefer foods and drinks without added sugar

At least one third of every meal should be vegetables, salad or fruit

Eating more vegetables, salad and fruit is a significant positive improvement to health

Choose low GI starchy carbohydrates as part of meals and snacks

You need to know roughly how many calories your body needs to hold its current weight. then take 500 calories off

Start looking how many calories are in foods you eat often and compare it to what you should be eating

When choosing a meal, think: balance. one third starchy carbohydrate, one third food high in protein, one third vegetables or salad. one to two portions of fat

As part of added oil to a meal

If you struggle with feeling hungry, increase the amount of protein and vegetables in your meals

Try different ways of "quick and simple" portioning

Effort in the early days will be rewarded with knowledge about nutrition and healthy eating habits that are automatic

Take full responsibility for everything you eat
and drink

Any regular exercise will improve your physical
and mental health

Exercise improves body composition by using
up stored body fat, building muscle and
reducing insulin resistance

Dieting does not work long term because
it only changes your body

Changing eating habits works because it
transforms your body and your brain

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Week 1.

Overnight fasting

- No food or drink that contains calories for 16 hours every day
- As often as possible keep fasting between **evening to morning to morning**

Week 2

No fast carbohydrates

- No added sugar, no foods that sugar is listed as the first ingredient
- No refined sugar in drinks
- Break the daily carbohydrate fast: you eat the most often for a carbohydrate buffet
- Reduce the amount of food you eat made from refined rice

Week 3.

Structured mealtimes

- Know your body what it needs in 30 minutes after physical work for energy and the removal of your appetite
- Eat at similar times: 1-hour fast to one hour. This should be help to work with your eating pattern

Week 4. Balanced Meals

- When you look at the portions of food in your meal, it should be roughly one third starch, a third protein and third vegetables, salad or fruit. One third a food high in protein and some fat added in as part of the food.

Week 5. Become more active

- Exercise and maintain your body composition
- Gain muscle whilst gradually losing excess body fat
- Choose exercise sessions that will fit in around work and family life
- Choose exercises that make you feel good. Mix them up

Week 6. Swap the foods you eat the most often to healthier versions

- Increase the vegetable, salad and fruit content of your meals
- Quality not quantity
- Buy the best version of a food you can afford
- All meaning and purpose helps motivate healthy diet changes. Consider how range of organic products, vegetarian/vegan meals and more home cooking

lifestyle change
is hard work
because you
brain is 'wired' to
repeat old habits

Give your brain
time to adapt to
different ways of
eating and
activity

Commit to
putting in time
and effort every
day for at least
three months to
establish new
habits

It's not failure just
experience

Expect to lapse
back into old
habits as part of
the cycle of
change

As soon as
possible (ideally
the next day)
repeat the new
behaviours

Chapter 25

Guidelines

Start with number one. For a week, then keep changing moving forward by focusing on the new health boosting, change each week. If after a few weeks one or more of these changes has stopped, then start back at the beginning. The repeat experience of the health boosting changes means you will be able to move through the stages quicker.



Reminder

Change one cycle that will need to be repeated several times before your brain absorbs new habits to replace the old.



If you feel impatient and want to see rapid weight loss, think about how long you have been overweight. How many times you have tried to diet and ended up regaining all that was lost.

Establishing new eating and activity habits is permanently transform your body shape and health takes time.

Week

Get used to the overall glucose fasting for one week

- ◆ The fasting will enable your body to using more stored body fat for energy, plus it will help control your appetite during the day.
- ◆ After one-week, then coming down to sugar (week 2)

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- ◆ Make sure your fridge, freezer and cupboards are stocked with healthy low GI foods, so that when you feel tired and hungry, you will stick to new habits.
- ◆ It is more important to gain up the extra empty calories you've lost rather than worrying about how much fat is in it

In week 3, introduce physical exercise.

Week 5

When you have in control all your eating patterns and appetite, focus on being more active

- ◆ If someone wants fast weight loss and chooses to eat a very low-calorie diet and exercise, this is effective for about three months, when it causes ripples of hunger and fatigue 'kick-in'. This is a trigger back to old eating habits and leaves people feeling less motivated, you need to exercise with a series of 'waves' or tides, cannot lose weight
- ◆ To lose fat, work on changing eating habits first and then bring in exercise. Exercise together with dietary change is more successful in losing weight and keeping it off. Exercise on its own without dietary change has little long-term effect on weight loss.
- ◆ The human brain needs time to adapt to changes in energy routine, reduction in food portions and alcohol
- ◆ Exercise will be easier at this stage because you will have lost some body fat, have more energy and feel less hungry



- ◆ Introduction of exercise stimulates gradual loss of fat and promotes muscle development. Muscles are the big energy burning cells of the body. This causes the transformation to a more athletic body shape.
- ◆ Choose exercise you are physically able to do that fits around your lifestyle. Establish regular exercise sessions between thirty to sixty minutes, three to six times a week.

Week 6

Focus on building your food choices.

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Chapter 26



What If

What if I have a sedentary lifestyle?

Inactivity is most of the story (minimal walking, either through choice or unable to be active due to a disability).

1. *Weeks one to four and six (overweight during, no fast carbohydrates, structured exercises, intermittent, health or food etc etc)* will confer significant improvement to health with gradual loss of excess body fat.
2. It helps to work out your average energy requirements and create a plan of calorie usage for meals and snacks. Spread time learning roughly the calories in the portions of the foods you eat most often. Most people have no idea how many calories are in foods they enjoy. It is easy to eat more than you need.
3. As people age, body composition changes, losing muscle and gaining fat. Pay attention to your carbohydrate portions, you definitely do not need fast carbohydrates if your lifestyle is inactive. Go for low GI starchy carbohydrates and swap some of the portions for extra food rich in protein, vegetables, salad or fruit.
4. When eating a meal either use a portion of your plate with low GI starchy carbohydrates, split the remaining plate (half vegetables or salad and half protein food).
5. Use low GI simple meals for meals on the portions and controlled portions of low GI carbohydrate.

If you have diabetes, check the side effects. Some drugs can increase appetite or increase insulin resistance such as steroids and some anti-depression medications. Do not stop taking any prescribed medication without discussing possible alternatives with a doctor first. Mental or physical health problems may take priority over the desire to lose weight.



What if I have type 2 diabetes?

Loss of body **fat** lowers insulin resistance. If a person with type 2 diabetes has significant abdominal (belly) fat, they can reduce or stop needing medications or insulin injections to control their blood glucose level.

Medicine and improving blood glucose control is all about losing excess belly fat.

Reducing the amount a person eats and doing regular exercise achieves weight loss. Research (52) reports it does not matter if the diet is low in carbohydrates or low in fat, compliance is what works.

The trouble is old eating habits creep back, and people regain the weight they lose. Rather than low carb or low in fat, go for low fat diets. Control what persons eat for low carbohydrates. Be sensible with fat and go for healthy fats whenever possible.

1. Be healthy: overweight fasting for twelve hours. For more if you can manage it. To lose fat, control your appetite and improve blood glucose control.
2. Eat healthy: eat low carbohydrate, low sugar, no alcohol, no fruit juices, no vegetable oils.
3. Focus on controlled portions of low GI starchy carbohydrates with low fat meats.
4. See how often simple balanced meals and snacks to get an idea of the mix and type of foods to eat.
5. Any increase in activity helps lower insulin resistance. The stabilizing effect on your blood glucose lasts between 24 to 48 hours after exercise. To get rapid improvement in blood glucose control, incorporate six hours of exercise a week.

Follow health-boosting changes from week one to six

If you have been prescribed medication, tablets or insulin to control blood glucose, we will start to reduce the amount of insulin/medication you won't need as much as you improve your health. Speak to your Diabetes Nurse or Doctor, so you feel confident to reduce them to prevent hypoglycaemia (drop in blood glucose below 4.5mmol/L).

Care for your body is still as you would look after yourself you are responsible for.



What if I am very active?

What if I am overweight but have a physically demanding job or family life or do other exercise?

People who have active lifestyles can find reducing what they eat difficult as they become hungry, tired and go back to go old habits in order to feel satisfied with what they eat.

1. Definitely, overweight living will improve health and reduce body fat
2. Start with this and see what you need to feel satisfied in the day/week
3. Know your average energy requirements. Spend time looking in the calorie content of the foods you eat the most often
4. Focus on smart structures and balanced meals to control your appetite
5. If you don't eat breakfast, we would strongly recommend eating breakfast as gain control over what you eat in the evening
6. Consider snacks between meals to take the edge off your hunger so you are able to reduce the amount eaten in the evening
7. Increase the protein, vegetables and fibre content of meals particularly at breakfast and lunch to stop snacking or second helpings later in the day



What if I'm a fatty eater and love vegetables?

Not everyone likes healthy eating. Some people do not like the taste of a lot of vegetables and sugar.

1. Definitely, the overnight needs a heavy fasting to start losing fat and control appetite.
2. Focus on structured mealtime with controlled starch/ carbohydrate portions.
3. If you do not like the low-GLs wholegrain starchy carbohydrates, such as wholemeal bread or brown rice, have a smaller portion of the one you like.
4. Include a snack between meals during the day to take the edge off your appetite before the next meal so you can tolerate a smaller portion. Another way is to spread food out, for example, take two rounds of sandwiches to work and 1/2 sandwich mid-afternoon, whole sandwich at lunch, 1/4 split afternoon. All this does is give your body energy slower over a longer time, it does not have to deal with a rapid surge in blood glucose from eating a big portion of high-GL carbohydrates.
5. Try not to eat high-GL carbohydrates on their own, such as white toast with jam, instant white rice, white potato, butter or cream cheese or cheese on toast, or scrambled eggs or meat, chicken or bacon on the side.
6. Stop sugary drinks, give your taste buds time to adjust, for example swap sugar in coffee for a plain one instead.
7. Even if you only like one or two vegetables or salad for ds, include them as often as often as you can. Try meals where vegetables have been added and become part of the sauce such as soups or casseroles disguise the texture and flavour.
8. Know your average energy requirements. Spend time looking at the calorie content of the foods you eat the most of. Compare the numbers to what you should be eating to lose weight.



What if I binge eat?

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Ideally, men with exercise that is mainly muscular as it has a better effect on body composition (muscle gain and does not make people feel so hungry).

Cardiovascular exercise such as running or cycling burns more calories but drives hunger so may drive up loads of bingeing.

1. **Can you make binge eating feel a little better**

Think about what was happening on the days leading up to a binge. Was it triggered by hunger or emotions? Look for behaviour patterns so you know when you are more likely to binge.

Distress yourself with something else which makes you feel good.

If eating has become disordered, get up the next day and start again with an ordered meal and snack routine.

Use food to extremely help build the central appetite later in the day.



What if I feel Fatigued?

Fatigue is a feeling of extreme physical and mental tiredness. It's difficult to make changes to eating and activity habits if you have fatigue.

People who feel fatigued would be wise to focus on managing this before trying to lose weight. Are you getting enough sleep? Does your job or family life leave you feeling drained?

1. Structural eating with frequent meals and low GI energy carbohydrates would help stabilise energy levels during the daytime.
2. No added sugar, sugary drinks or foods mainly made from sugar.
3. No caffeine after 5pm in the afternoon.
4. Focus more on healthy food choices, more vegetables, salad and high quality protein foods and less animal products.
5. Exercise that would be the main breakfast is yoga or tai chi with or without meditation, muscular exercise that is mentally stimulating. When possible, exercise in the morning. Early activity lowers levels of stress hormones in the body and helps for the rest of the day. Deal in deal with anxiety.
6. Speak to partners, family, friends and ask for support.

Care for your body as well as you would look after someone you are responsible for.



What if I want to see fast weight loss?

Do you have a doctor who will not put fast weight loss decisions in front of you? Do you have a coach or a few weeks before a holiday or a special event to allow you to see a weight loss success?

It is possible to lose weight fast over a short period of time with low-calorie diets, typically less than 1000 kcal a day. This is not a lot of food.

Studies (36, 37) have followed people who have lost large amounts of weight found that the majority regain the weight.



Remember: The history chapter explained how the human body adapts with a starved state for about three months and then it drives you to eat to recover lost weight.

A pattern of yo-yo dieting affects muscle loss as well as loss of body fat.

A wise choice for the impatient and determined would be to fast for 18 hours a day, eating two balanced meals within a 6-hour period. This works to switch your body to use mainly stored fat for energy. This approach applies to people who are better able to tolerate eating low-calorie. Aim to eat your weight loss-calorie range within the 6-hour window to maintain healthy body function whilst losing body fat, stop the body going into starvation mode and slowing the rate of fat loss.

2. Fast consumed balanced meals with low GI slowly-carbohydrates.
3. No added sugar, sugary drinks or foods with high sugar content.
4. For best results, exercise three to six times a week, aim for at least exercise. Do weight training first followed by cardiovascular exercise. The weight training uses up glycogen stores (stored glucose) in the body has to release from body fat for energy during the cardiovascular exercise.

3. When you have had enough of 12-hour fasting, go back to 12-hour fast overnight, usually 7pm to 7am in the morning; for maintenance of lost weight and to control appetite. You need to know your average energy requirements to plan what to eat to regulate your weight.



What if I love sweet foods: biscuits, cakes, sweets?

Then I won't be able to parting them

Most times you go into a supermarket, bakery or a proper shop you find a display looking at shelves of biscuits, cakes and biscuits on offer. Food shops show you what the majority of people choose to eat. Bids your new products are introduced, if they don't sell enough, foods are taken off the shelves.

Not everyone likes healthy food choices. The main reason people become overweight is because of their eating habits, fast foods and portion sizes. Habitually, eating more calories than their body uses up.

If you are dieting, I do not like healthy eating or low GI foods. That is your choice, as you can force you to eat foods you do not enjoy.

It is still possible to improve your health by eating healthy fat.

Do healthy do the twelve hours overnight fast

1. Structured meals and snacks. Plan three windows to eat and do your best to stick to it.
2. Know your average energy requirements. Start by looking at the calories in the foods you eat the most often and compare it to what you need. Reduce portions (you) to meet your caloric range.
3. Spread out your food especially if they are made from high GI carbohydrates: white flour and sugar. For example, if you take a sandwich, packet of crisps and a chocolate bar to work. Eat the chocolate bar mid-morning as a snack, the sandwich for lunch and the crisps for an afternoon snack. This will control your appetite and reduce the surge in blood glucose simply by eating less at any one time. Consider to following an interval meal and snack routine.
4. Drink plenty of water to control appetite over the day.

6. Introduce exercise three or four times a week. Aim for six hours of exercise a week. Cardiovascular exercise suits people who eat high (D), carbohydrate diets. First carbohydrate can be used around intense aerobic burning activity such as running or cycling.



When I when I eat more wholegrains

vegetables, salad and fruit, I get IBS?

IBS or Irritable bowel is a common problem affecting the digestive system. Symptoms include bloating which may cause colicky pain, alternating bowel habit typically constipation and/or diarrhoea. Healthy eating advice encourages people to eat more fibre because it helps control appetite by giving a full sensation in the stomach and bowel which stops us eating too much. In populations where people regularly eat a lot of fibre, there is a lower incidence of bowel disease.

Eating more gas-producing foods, like lentils, beans, cruciferous vegetables (cabbages or brussels sprouts), cabbage, beet chips, radish, and increasing fibre intake with wholegrain breads or rice, doesn't suit everybody. Some people do not tolerate a high fibre intake.

Fibre is the part of plant foods that cannot be broken down by the human gut to use for energy so travels to the large bowel where it helps get rid of bowel waste by keeping the stools.

There are two types of fibre, insoluble and soluble. Insoluble fibre is found in branlage. This the husk of wholemeal bread. This fibre is the most likely to irritate the digestive tract. The second fibre is soluble, usually part of the flesh of vegetables and fruit. Soluble fibre easily dissolves in water and is broken down into a gel like substance in the bowel. This gel is helpful in preventing constipation and is more less likely to cause irritation or bloating in the digestive tract.

If when you eat more vegetables, salad and fruit you suffer with IBS, reduce the insoluble fibre content of your diet and see if this stops the bloating. Wholegrain and seeds can irritate some people's bowels. Rather than avoiding, try making or mix them have been ground or turned into a smoothie better.

Ways to reduce insoluble fibre content of foods.

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